

DECEMBER 1ST, 2010

Harper Center Bulletin

Williamstown Council on Aging

THE WILLIAMSTOWN COUNCIL ON AGING RULES FROM WORLD HEADQUARTERS WITHIN THE HARPER CENTER AT 118 CHURCH STREET IN WILLIAMSTOWN. WE'VE BEEN HERE PROVIDING QUALITY PROGRAMS AND SERVICES TO WILLIAMSTOWN ELDERS AND THEIR FAMILIES AND FRIENDS SINCE 1966!

YOU CAN CALL US AT 458-8250, FAX TO 458-5156 OR EMAIL; BOGRADY@WILLIAMSTOWN.NET

THE COUNCIL ON AGING IS OPEN FOR BUSINESS FROM 8:00 A.M. TO 4:00 P.M. ON MONDAY THROUGH FRIDAY AT 11:00 ON SUNDAY FOR LUNCH. CHECK OUR PROGRAM CALENDAR FOR OTHER DATES AND TIMES!

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DECEMBER 2010 NEWSLETTER

Here we are and yes I have started the annual shopping parade, actually bought my first things back in mid November. So there! Have you all started yet? I'm pretty certain that this years shopping effort will not be as elaborate as last years was. No one in my family has identified any serious pressing needs and for me-I really have no material needs, so hopefully my family members will save their money and skip me in the process. Oh, I know that I'll get a book and a new sweater and some toy or another but that's OK.

Of course if anyone wants to give me money, I'm certainly willing to accept samples!

Speaking of giving, we're in the final days of Operation Troop Support for 2010. We're collecting non perishable items -there is a specific list we can share with you if you're interested-to be sent to our troops serving in Afghanistan and Iraq. This will be the third year we've done this and we'll be accepting items up to December 4th so you still have time to participate if you choose.

Anyway here we go, into the season of great joy and maybe peace on earth. Hopefully so anyway. From all of us here at the Harper Center to you and yours, we wish you a happy, healthy and peaceful holiday season!

ALIVE 55 AARP SAFE DRIVER COURSE

Did you ever drive down the road following another vehicle and suddenly find yourself wondering who was actually driving the car in front of you? Maybe it appeared that the person in front was having a bit of a problem with the car? For older drivers, risks appear simply due to changes in function- vision, hearing and reaction time change thru the aging process. You know what I mean. With all this in mind, we're attempting to host the AARP driver safety class here in Williamstown after the first of the year. The course is designed to help participants learn the effects of aging on driving and develop driving strategies to mitigate the effects of these things. There is a small fee for materials and sign up is required. We'll provide lunch. Interested-ask us!



THE MGRHS HOLIDAY CONCERT, 2010 VERSION!

Every year the students who comprise the Mt Greylock Regional High School Chorus journey out into the community and sing their hearts out for us here at the Harper Center and at Williamstown Commons as well. It's kind of a throw back event, I mean how often do you see large groups of people out anywhere anymore singing carols at Christmas? I can't tell you when I saw it last-outside of this same groups appearances at the annual Williamstown Holiday Walk-or random TV specials. Anyway, they'll be here on December 7th at 11:30 to treat us to a collection of carols and holiday cheer only children can bring. The concert starts at 11:30 and will be followed by pizza-of course- and the sign up sheet is located in its traditional spot! This is the eleventh year we've scheduled concerts with the school-though we did miss one year to snow. Wonder where all the original singers from that first concert way back in 1999 are now?



I used to be fooled by the line about 'caroling among the leaves so green' wondering where they had green leaves in December....I was sooooo young once upon a time!

ELDER LAW ATTORNEY JIM SISTO



Immediately on the heels of the MGRHS concert comes Elder Law Attorney Jim Sisto, whom we know-he's been here several times before. Actually, Jim has been on TV-local, cable access- quite a bit recently. Perhaps you've seen his shows? He addresses all sorts of issues and areas of concern specifically to senior citizens...durable powers of attorney, wills, property transfer, nursing home issues and so on. Jim is a member of the

National Academy of Elder Law Attorneys-an entity which certifies lawyers as being expert with all the important and need to know business a lawyer must know to work on an elders behalf. It means he knows his stuff folks! Join us at 12:45 for this important conversation!

HERE COME THE DUMP LADIES!

Now this will be a popular demand item of the highest priority. Remember a while ago when Sandy Totter came wearing her other hat to do a crafts program about creating works of art as gifts from totally recycled articles?

There were questions from some of the participants at the time about when Sandy would bring her band back to Harper to party with us and now we have an answer: On Tuesday December 28, the Dump Ladies return to the Harper Center and will rock the house beginning at 12:30. Be ready-they haven't been here in awhile and they're always a blast to party with! Of course we'll feed the masses first-when was the last time we had chicken and pasta? Been awhile so lets do it at noon!



SCROOGE AND MARLEY

I used to love the part where the last ghost comes to get Scrooge and drags him around to the cemetery after showing him the acquaintances he had in life who had iffy things to say about him after his passing...brought out the Halloween in me. But I digress. On Friday afternoon, December 17, at one o'clock in the afternoon, a group of local actors will come to the Harper Center to read the story and bring Scrooge, Marley and Tiny Tim to life. It's actually a great story if you think about it-rebirth, regeneration and redemption all at Christmas. What genius, using the spirits of the past present and future to tell a tale that literally everyone knows. For Dickens, an absolute master-stroke, a timeless story-could he have hoped for more? Did he? I don't know but I know lots of other folks who wish they wrote it! Heck, I wish I wrote it...Anyway, they're here from one to about 2:30 and then we will definitely have snacks after., I'll let you know what they are next week...



TELEPHONE REASSURANCE

This is the annual commercial about a simple telephone call which can and probably has saved lives. In case you aren't familiar with this program, the TRS, or Telephone Reassurance Service operates from this Council on Aging every day and we mean EVERY DAY, seven days every week every day of the year. It's really simple; you call us or we'll call you, your choice, chat about the weather, the news, the Yankees, whatever, we'll note that we spoke and go on to tomorrow and do it again. If we do NOT hear from you, we'll call a friend or relative you have identified as being a contact person and if we can't reach them, well, we'll ask the local police to check on you. Usually, when someone doesn't call it means that they forgot to tell us about an appointment somewhere-BUT nine times in the last 10 years we have found someone who fell and was badly injured and really needed medical attention. What would have happened if we weren't here?

Anyway, anyone can participate from frail seniors who want a simple life line to a body who just wants a daily contact-someone to know that they are OK. It is free and easy-know someone we can help with this? So, in review-you call us or we'll call you once each morning, let us know you're ok and if we don't hear-we'll check on you. Simple enough? Good. Tell everyone!

THE DEPARTMENT OF DIFFERENT STUFF DEPARTMENT...

Yeah, the headline is redundant but so what!

Wii bowling appears to have faded a bit, don't you think? Time to change the schedule a little for now? Hey, don't hesitate to tell me if I'm wrong! Anyway, on December 13 we'll have hot cocoa and snacks after lunch and watch a holiday movie on the big screen after. Got any suggestions? There are a lot of funny new flicks out there and surely we can put our heads together and come up with one? Sure we can!

On the 21st, which is also the First Day of WINTER we'll have a pot luck luncheon-everyone bring your favorite dish to share and then we'll play a little bingo-there won't be any Friday because we're closed. And-on Monday the 27th, a special event-Vinny Brandi and his guitar will be here to entertain, a true post Christmas event!!! We all know Vinny, he's been here before and thank Ida from Berkshire Housing for arranging his visit when you see her!



Williamstown Council on Aging

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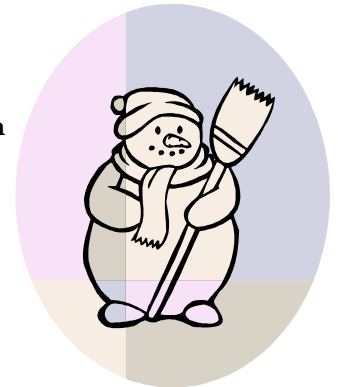
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Just a brief update on the status of our computer classes. There have been some questions as to whether we still actually do them or not and the answer is yes, the program is alive and well, but low key for a very good reason; the classes Elaine has designed are full. We can't offer something for which there is no room for play, right? Anyway, take heart, we're going to be offering these lessons in an ongoing format. In fact, a workshop in using Microsoft Outlook to organize appointments, events and a "to do" list will be coming to a computer station near you soon, time and date yet to be determined. Space is limited and anyone interested should let us know soon because these things tend to fill up fast. Let us know and we're happy to make arrangements.

Speaking of computers, many of you already have these infernal machines and depend upon them for your daily business. The newsletter you're now reading is designed and executed on a computer- and is available via email every month. Think about that, no paper to recycle and you can just delete it into the Ethernet when you're done with it! Let us know, we'd love to send it to you electronically!

A final note- our friend Kristin Irace will be here on the 9th at 12:30 to talk about "Potatoes, Rice and other Carbs: Friend or Foe" She comes courtesy of our friends at REACH of course!



PAGE FOUR NEWS AND NOTES

Our most excellent foot care nurse, Kip Moeller will be in the house twice in December, first on the first [sorry, I had to say it] and then again on the 21st, at 9:00 on both dates. Sorry folks, she's booked. But there are openings for the January 18, 2011 clinic, sign up now or wait until February! Contact us here in the office and we'll sign you up!

The monthly Blood Pressure Clinic, courtesy of our friends at Premier Health Care will be at noon on December 14th. Important numbers to know, right? Don't forget!

Our SHINE counselor, Peg Jenks will be here at Harper on Wednesday December 15th at 10:30 to assist anyone with health insurance questions. Appointments are suggested. Peg is also willing to meet with individuals outside of her normal times here-call the COA office at 458-8250 and we'll help you with an appointment.

The December Brown Bag delivery is Wednesday December 22nd, another different date. Mark your calendars! For those who don't know, Brown Bag is a brown paper sack filled with shelf stable foods and fruits and veggies in season brought to you courtesy of the Food Bank of Western Massachusetts. Interested? Contact us at the Harper Center and we'll help you through the minimal application process!